

THE KWAJALEIN HOURGLASS

Volume 40, Number 61

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U.S. Army Kwajalein Atoll, Republic of the Marshall Islands

Costello sees bright future for USAKA/KMR

By Peter Rejcek
Associate Editor

Lt. Gen John Costello may not possess a crystal ball as he looks into the future of national space and missile defense, but he feels there's a good map in hand as he prepares to leave the helm at the end of this year.

And USAKA/KMR is certainly a major landmark on that map, according to the general.

"The future is a little cloudy everywhere I look. But the future of Kwajalein is pretty bright as a result of the great work the community has done in terms of customer focus and laying out strategic plans and objectives," said Costello, Space and Missile Defense commanding general since 1998. "I see Kwajalein's role in space surveillance increasing."

The missile business at the range will also remain brisk, Costello pre-

(See COSTELLO, page 3)



(Photo by KW Hillis)

Lt. Gen. John Costello, commanding general of the U.S. Army Space and Missile Defense Command, talks about the future of USAKA/KMR and SMDC during an interview before leaving Kwajalein Saturday. Costello retires from SMDC in October.

Medical student assists in diabetes study on Ebeye

By Barbara Johnson
Feature Writer

The diabetic clinic on Ebeye has an extra pair of helping hands this summer. Former Kwajalein resident Anna Dodd, who just completed her first year of medical school at the University of Hawaii, has been working for the past month on a special project to assess the prevalence of diabetes on Ebeye.

"The ultimate goal of the project is to improve the outcome at the diabetic clinic," Dodd said.

Increasing awareness about diabetes within the general population is another important goal, she added.

Under the supervision of Dr. Seiji Yamada of the Family Practice Resident Program at UH, Dodd has spent several days a week during the past month at the clinic working with Dr.

Common symptoms of diabetes



- Frequent urination.
- Excessive thirst.
- Unexplained weight loss.
- Extreme hunger.
- Sudden vision changes.
- Tingling or numbness of hands or feet.
- Fatigue or weakness.
- Very dry skin.
- Sores that are slow to heal.

Tin Soe, medical director at the Ebeye Hospital and head of the diabetes clinic.

While also working full time on TDY for AMC, Dodd commutes to Ebeye on the LCM about three times a week for four hours each day to do her research.

She is continuing a project that started about a month ago to review

(See STUDY, page 4)

Army's Family Team Building set for fall

By Jim Bennett
Editor

Micki Costello has seen a few Army posts, living practically all of her life on a military installation somewhere in the world. Looking at Kwajalein during visits over the past two years while her husband, Lt. Gen. John Costello, has served as SMDC commanding general, she's seen some changes.

"The quality of life is improving, not that it was bad to start with," she said.

Costello met with other Army wives and civilians last week during her most recent visit, reviewing the new Family Team Building program, set to kick off this fall. She also toured the new dome housing, scheduled to

(See MRS. COSTELLO, page 5)

Life moves too fast to stop for aging stereotypes

I met her in a bike shop a few years ago. She whipped her silver Jeep Cherokee into a parking space out front and bounced into the shop looking for an all-terrain bike.

"Something in blue," she said, in her Katherine Hepburn-like voice.

She was feisty. I loved her immediately.

I was waiting for minor repairs on my bike, and the shop was bustling with business and sinewy cyclists, so she and I started talking.

"What kind of bike do you have?" she asked me.

"An old Schwinn with a new padded seat," I said.

She was a smart shopper with a healthy curiosity, but after some discussion, she decided to stick with the all-terrain bike.

"Those fat tires just give me a sense of security," she said, "plus the speed to keep up with the pack!"

She told me she enjoys backpacking and baking — in that order — but that cycling would give her an event in the Senior Olympics the following spring. Apparently her goal was to leave her fellow *golden girls* in the dust.

We made ourselves comfortable in a couple of rickety wooden chairs



over by the clothing racks, and discussed derailleurs, helmets, bike shorts and racing strategy like a couple of old pros.

And we laughed about what a great television commercial we would make; two women, 40-something and 60-something, debating cycling gear instead of detergents or makeup.

"Wouldn't it be fun if we were on Candid Camera?" she giggled.

Eventually our conversation led to other things. You know how that happens. I found myself confessing to her that I had recently started weight lifting.

"I don't want to get stupid about it," I said, "but I also never want to graduate into queen-size pantyhose!" (I didn't know then, but it was inevitable. Oh well...)

We laughed like old friends. She told me about her new-found appreciation for football since she discovered big-screen TV at Mr. Gatti's pizza.

"My grandson and I go there every Sunday after church, for the buffet

and to watch the football game," she said. "On that big screen, I can actually see the plays."

She and I agreed that a football game on regular television just looked like a big clump of big men running on and off and up and down a muddy field.

She told me about Samuel Ullman's eternal essay, "*Youth*"...it's not a time of life: it's a state of mind. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.

My new friend attributed her lively longevity to working hard, playing hard, praying hard, a daily glass of wine and a sense of humor. She said that as long as you're a responsible, contributing adult, it doesn't matter when you enjoy your childhood.

She challenged me to never stop learning, but she saved her best advice for last.

After she had decided on the right blue, all-terrain bike and arranged to pick it up in a couple of days, she and I were ready to part ways.

I teased her as I rolled my bike outside. "I hope I'm just like you ... when I grow up."

Bonnie took my hand and replied in her gravelly voice, "Grow old gracefully, dear, but don't ever grow up."

Then she wheeled out like a silver streak and left me in the San Antonio dust.

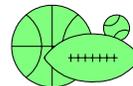
The Kwajalein Hourglass

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Call the Sports Hotline at 54190 for a daily update on game schedules, officials and scorekeepers.



Did You Know?

One place, many uses ...

The United States has used Kwajalein for military purposes since 1944. Until the end of the war, it served as a wartime sea and air base. For seven years, Kwajalein was a small, all-male naval outpost, and then a small naval community for another seven years. Since 1960, it has been used as a military and civilian community devoted to missile research and testing.

Jeramon non kom

"Jeramon non kom" is the Marshallese way to say, "Goodbye and good luck friends."

Donna Hanson departs Kwajalein Thursday on ATI to work as protocol officer at TRADOC Headquarters at Fort Monroe in Hampton, Va., on the Chesapeake Bay.

Donna, protocol officer for USAKA/KMR, has been at Kwaj a total of 10 years. Her first tour was from 1980 to 1983. This time around she has been here for about 7 1/2 years.

In farewell, Donna says, "Although I'll certainly miss the beautiful sunsets, the sailing and gorgeous blue water, I'll take with me the memories of so many wonderful friends who have made my 10 years on Kwaj so enjoyable."

Costello predicts THAAD, space surveillance will keep range busy ...

(From page 1)

dicted, as the Theater High Altitude Area Defense system is brought online by 2007. The weapon system components consist of hit-to-kill missiles, highly accurate radars, sophisticated battle managers and launchers. A \$4 billion contract for the engineering and manufacturing development of THAAD was awarded last month to Lockheed Martin Space Systems Co. After initial tests at White Sands Missile Range, N.M., Costello said he expects a shakedown of the system at USAKA/KMR.

"Over the next five years, you'll see a lot of THAAD testing," he said. "Theater Missile Defense programs are going very well."

National Missile Defense, despite recent difficulties, is still a "very viable" system, said Costello, who was headed to Washington after leaving Kwajalein Saturday to attend a deployment readiness review with the Department of Defense, which will be making recommendations to Defense Secretary William Cohen in the next 30 days.

"Obviously, I would like to see all three [IFT] tests we had out here be successes," Costello said. "But, again, you have to remind yourself that we are testing, that it is high-tech, that it is rocket science and you are going to have mistakes. But it is so disappointing and a little bit frustrating."

The general also expressed disappointment that funding for the \$18 million renovation of the Pacific BQ on Kwajalein did not materialize as expected. He said the program was supported by the Army leadership, but not in the U.S. Congress.

"We're coming along," he said of the overall housing and quality of life issues at USAKA/KMR. "I cringe every time I go by the Pacific BQ. I fought so hard for it this year and we thought we had it, but we lost it."

While disappointed that the Pacific BQ renovation is delayed, Costello said he was very enthusiastic about the dome housing under construction at the north end of Kwaj. The

houses, scheduled to be finished in September, may be one answer to the future housing needs of the island, according to the general.

"I hate the trailers," he said. "They have to go, because they're going to fall apart, and we can't afford to maintain them."

Costello is expected to retire in October after more than 30 years of military service. He is expected to be succeeded by Maj. Gen. Joseph M. Cosumano Jr., who is currently serving as the assistant deputy chief of staff for Operations and Plans for Force Development, U.S. Army, Washington, D.C.

Reflecting on the last two years since he took command of SMDC, Costello said, "I think the command has become more focused ... We've got a strategic plan, goals and objectives of which Kwajalein is the leading part of the command in that arena. I don't think in the future that you can survive as an organization unless you're competitive."

And Kwajalein is taking the right steps to remain on the cutting edge by focusing on its workforce, according to the general.

"The most valuable resource on Kwajalein [is] not all the sensors — the high-tech stuff — it's the people," he emphasized. "That's the most valuable resource. That goes for all of Space and Missile Defense Command."

"We're really making progress," he added. "It's not as fast and not as broad as we would like to make it, but I guess we can't make everybody happy."

But Costello said he leaves Kwaj for his third and last time believing USAKA/KMR will not be left behind as SMDC launches full speed into the 21st century.

"I'm most pleased with the fact, at least I think, I'm leaving the command with a road map, so that my successor doesn't have to find his own map," he said. "There are a lot of challenges ahead, but because of the people here, Kwajalein will be ready."

"Harry Potter and the Goblet of Fire," the fourth book in the popular series by J.K. Rowling, is now available at Grace Sherwood Library.

New Video Cassettes

at

Grace Sherwood Library



American Cinema:

The Hollywood Style and the Star

Romantic Comedy and Film Noir

The Western and the Combat Film

The Studio System

The Film School Generation and the Edge of Hollywood

Full Circle with Michael Palin:

Alaska, Russia, Japan, Korea

China, Vietnam, the Philippines

Borneo, Indonesia, Australia, New Zealand

Chile, Bolivia, Peru

Peru, Colombia, Mexico, USA

Palau: Paradise of the Pacific, the Living Edens

Our video collection includes PBS specials, Window on the Atoll features, travel, wildlife, boat handling instruction, World War II battles and other topics. Videos can be checked out for three days.

Children's Collection - Videos

Here Come the Teletubbies

Our Favorite Pets

Mother Goose

There Goes a Train

Eyewitness videos:

Island, Ocean

Magic School Bus:

Butterflies, In a Beehive,

Spins a Web, Plays Ball

The children's video collection includes literature, wildlife, mathematics, science, counting, holidays, sea life and animals.

Study assesses prevalence of diabetes on Ebeye, causes ...

(From page 1)

patient histories on Ebeye and quantify the prevalence of diabetes among patients 30 years of age or older. This information will help doctors find out if it is higher than in other populations.

"My first goal in coming here this summer was to work on the project at the hospital," Dodd said. Diabetes is a complicated and interesting disease process, she explained, noting there are also a number of patients in Hawaii.

Also providing assistance in the study is Dr. Sheldon Riklon, in his final year of residency in Family Practice at UH and at Kwajalein with the Department of Energy medical mission. Riklon is Marshallese and grew up on Ebeye and Majuro.

"This is the beginning of the beginning," explained Soe, adding that eventually the study will help the clinic treat more people, as well as provide better treatment.

Diabetes is a group of diseases characterized by high levels of blood glucose (blood sugar) resulting from defects in insulin secretion, insulin action or both, according to the Centers for Disease Control and Prevention.

Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood.

If blood sugars reach the level of 126 milligrams/deciliter, then a diagnosis of diabetes is made.

After the prevalence on Ebeye is determined in this study, the next step will be to figure out what factors contribute to the rate.

In a recent talk, aimed at patients and staff of the Eyebe clinic, Yamada enumerated some of the reasons for an increased prevalence of diabetes among a population. These are most likely related to diet, inactivity and resulting obesity. Family history is also a contributing factor.

"It's epidemic," he said. "Practitioners feel that it's increasing. This is true of much of the world, particularly certain populations, including many Pacific Island, Native American and Hispanic populations. As diets become worse, as people gain weight, as they expend less energy in exercise and develop obesity, this is a contributing factor to the increased prevalence of type 2 (adult-onset) diabetes."

"Here, the traditional diet is totally replaced by a modern diet," Soe said. He explained that once diabetes was unknown in the Marshalls and added that diet is a bigger component as a cause here.

"The goal is to get information about a proper diet out — based on what is available here."

It has been shown that measures to lose weight do



(Photo by Barbara Johnson)

Anna Dodd, former Kwaj resident and medical student, and Dr. Tin Soe, medical director at Ebeye Hospital, discuss identification of patients on Ebeye who may have diabetes.

lead to lower blood sugar, Yamada added.

Doctors will talk to patients and see what their understanding is, see if they can affect their outcome, what they can change. Also, once patients are identified that might have untreated cases of diabetes, they will be contacted for testing.

"From there [diagnosis], we go on to emphasize diet and patient education," Soe said.

Dodd said that the most important things for patients to have after diagnoses are information, medication, lifestyle modification and monitoring.

She explained that knowledge of symptoms that might indicate diabetes will encourage more people to come in and be tested — and with diagnosis, many things can be done to their benefit.

The most common symptoms include frequent urination, excessive thirst, unexplained weight loss, extreme hunger, sudden vision changes, tingling or numbness in hands and feet and sores that are slow to heal.

However, some people with diabetes may have none of these symptoms, according to the CDC.

Modern diabetes care has improved greatly, Yamada said. Early diagnosis and more frequent and widespread screening of populations at risk are what experts are recommending.

The project won't be complete by the time Dodd leaves, but the hope is that it will be continued by other physicians until all the data are collected.

And the project may lead to further research.

After this study is completed and some results are found, Dodd and Soe would like to coauthor a paper letting others know what they found out. They hope that "others in a similar situation can use our experience," Soe said.

"This is a good way to give something back. I hope to do some good," Dodd said.

"It's good to study real cases, rather than just textbook examples," she added. "It brings you closer to the patient, closer to practicing medicine."

Mrs. Costello reviews Kwaj quality of life ...

(From page 1)

open Sept. 1. She brought to the review more than 30 years as an Army wife and the expertise of one who is currently a member of the Army Family Liaison Office in the Pentagon.

"I'm getting paid for what I have done as a volunteer for 30 years," she said of her job, which she describes as an ombudsman for the Army family.

"The Army recognized we have to help families become more self-reliant," she said. "When my husband went off to Vietnam, I didn't have anyone. Now, your military family makes sure you have assistance.

"You don't necessarily have to be in the military to be ready for something," she added, noting the small military population on Kwajalein. "It could be anything. You could have an accident, or someone gets sick."

And that's where Family Team Building comes in.

Headed locally by Barbara Wallace, FTB is designed as a series of free public education courses. The Army three-tier program offers the community seminars in basic military life and customs and problem solving in level one, volunteerism in level two and leadership in level three.

"It's all based on local needs," Wallace said.

The short evening courses will be tailored for the Kwajalein community by instructors who live on island. The challenge will be formatting the courses for the unique audience on Kwaj.

"We have a few military and many contractors and DA civilians. The challenge is how to bring all these people together," Costello said.

Besides bringing people together, the program will have practical applications, as well.

"It can go anywhere from there. You can take that [volunteerism or leadership] information to the scuba club, or wherever you want to get involved," Wallace said, adding that such training is not currently readily available for Kwaj residents.



(Photo by Barbara Johnson)

Scotty Monroe, Domes International construction manager, discusses features of the new dome houses with Mrs. Costello and CW4 Gerald Wolf during a tour of the dome housing area last week. The houses are scheduled to be completed Sept. 1.

"Most churches and organizations in the states have conferences and seminars on leadership, but we don't have that opportunity to, say, drive to Philadelphia for a conference," she said.

Wallace said the leadership training will be useful to anyone on island who volunteers.

The program will go a long way to breaking down barriers between military and civilian families, according to Costello.

"We have a lot of the same experiences," she said. "And we have to find out what they are. Communication is a big factor. The Army has a lot of traditions; that's what makes it special. And that's why we do certain things the way we do them."

Costello's visit wrapped up with a visit of the dome housing area. Workers are now finishing the interiors of the 15 homes located near New Housing and the CRC.

"I've heard them called caterpillars, peanuts and igloos, but given all the technology out here, they kind of fit right in," she said. "They're surprisingly spacious. I'm ready to move in."

The Costellos could have their chance. The general will retire from the Army in October.

"We've had some challenging assignments, some more so than others, but we're now looking forward to the next chapter," Costello said. "People ask where my favorite place to live was and I say, 'wherever I'm living currently.'"

New
from the
Tape Escape



Man on the Moon — Jim Carrey stunningly portrays the late Andy Kaufman — considered the most innovative, eccentric and enigmatic comic of his time. Also stars Danny DeVito as Kaufman's manager, Courtney Love as the woman Andy falls in love with and Paul Giamatti as his best friend. Based on a true story. *Rated R.*

Sleepy Hollow — Master storyteller Tim Burton weaves an eerie, enchanting version of this classic tale of horror. Johnny Depp is Ichabod Crane, an eccentric investigator determined to stop the murderous Headless Horseman. *Rated R.*

Classified Ads and Community Notices

Appointment of part-time U.S. Magistrate Judge for the District of Hawaii at Kwajalein Missile Range, July 2, 2000.

Note: Law degree not required

The Judicial Conference of the United States has authorized the appointment of a part-time magistrate judge for the United States District Court for the District of Hawaii at Kwajalein Missile Range, on July 2, 2000.

The duties of the position are demanding and wide-ranging, and include: 1) the conduct of most preliminary proceedings in criminal cases; 2) the trial and disposition of misdemeanor cases; 3) the conduct of various pretrial matters and evidentiary proceedings on delegation from the judges of the district court; and 4) the trial and disposition of civil cases upon consent of the litigants.

The basic jurisdiction of the United States magistrate judge is specified in 28 U.S.C. Section 636.

To be qualified for appointment, an applicant must: 1) be, and have been for at least five years, a member in good standing of the bar of the highest court of a state, the District of Columbia, the Commonwealth of Puerto Rico, or the Virgin Islands of the United States, and have been engaged in the active practice of law for a period of at least five years (with some substitutes authorized), **or have a degree from a college or university of recognized standing, with a minimum of five years of progressively responsible administrative experience in public service or business;** 2) be competent to perform all the duties of the office; be of good moral character; be emotionally stable and mature; be committed to equal justice under the law; be in good health; be patient and courteous; and be capable of deliberation and decisiveness; 3) be less than 70 years old; 4) not be related to a judge of the district courts; reside on Kwajalein.

A Merit Selection Panel that includes attorneys will review all applicants and recommend to the judges of the district court in confidence the five persons it considers best qualified. The court will make the appointment, following an FBI full-field investigation and an IRS tax check of the appointee. An affirmative will be made to give due consideration to all qualified candidates, including women and members of minority groups.

The current annual salary of the position is \$3,275.

The term of office is four years.

More information on the magistrate judge position may be obtained from the clerk of the district court or the chairman of the selection panel.

Three (3) copies of a resumé must be submitted by interested persons. Resumés should be addressed to: Merit Selection Panel for United States Magistrate Judge - Kwajalein, United States District Court, 300 Ala Moana Blvd., Room C-338, Honolulu, HI, 96850.

All resumés will be kept confidential,

unless the applicant consents to disclosure, and all applications will be examined only by members of the Merit Selection Panel and the judges of the district court. The panel's deliberations will remain confidential.

NOTE: Part-time magistrate judges are not normally tendered government-furnished chambers or office space. They are reimbursed for the actual and necessary expenses incurred in the performance of their duties (28 U.S.C. Section 635(b)).

HELP WANTED

The following on-island positions are open with Raytheon. For more information or to submit a resumé or application, call HR employment, Nancy, 53705.

SECRETARY, Education Dept. Full time. Will be responsible for maintaining attendance and records, preparing correspondence and assisting the teaching staff. Must have knowledge of Windows, MS Word and databases. A criminal history background check is required.

MEDICAL RECORDS QUALITY ASSURANCE COORDINATOR, Hospital. Full time. Must be familiar with healthcare policy and procedures, Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and have experience in healthcare performance improvement criteria. Must be responsible for assigning diagnosis codes according to American Medical Records standards, as well as maintaining all associated files. Must have knowledge of Microsoft Office systems.

SCHEDULER, Aviation Dept. Part time. Will be responsible for manifesting all helicopter flights and completing forms in compliance with Army regulations. Good oral and written skills and knowledge of MS Office a must.

TRAFFIC AGENT, Aviation. Part time. Will

Small Arms Range Notice

The small arms range will be in operation tomorrow, 8 a.m.-noon. Avoid the hazard area shown below.



be responsible for ensuring safe and timely loading and off-loading of commercial and military passenger and cargo aircraft; conducting emergency ticketing; and utilizing airline-style computer systems for cargo and passenger processing and accountability.

Raytheon off-island positions are updated weekly in the Career Opportunities Book at the HR counter, Bldg. 700.

COLLEGE OF THE MARSHALL ISLANDS, Business Dept. Teachers in accounting, management and economics for the fall semester. Minimum requirement is bachelor's degree. Call 51034 or 52188.

USAKA/KMR has several openings for Office Automation Assistants at GS-06 level and one secretarial opening at GS-07 level. For information, call Terry or Julie, 54417.

WANTED

HOUSE-SITTING situation in November. Mother and daughter visiting. Very reliable and trustworthy. Call Patrick, 51502W or 51278H.

PELICAN or similar bike trailer. Call 52442.

LOST

BABY CARRIER/backpack with aluminum



Veterinarian will be coming Aug. 22. Limited appointments are available. To be placed on the waiting list, call Veterinary Services, 52017.

Classified Ads and Community Notices

frame on bench at North Point. Need it badly. Call 56452W or 51031H.

SNORKELING MASK at Coral Sands Beach July 15 during Summer Fun Session I party. Call 54534.

FOUND

BIKE AND BUGGY in our yard July 26. Call 52576.

ATLANTA BRAVES hat and orange/pink swim goggles at Emon Beach July 23. Call 54534.

BASEBALL CAP, black, with red initials in back, on bench near ocean. Call 54473.

SMALL WRENCH at Ten-Ten store July 24. Call 53725 evenings.

FOR SALE

DIVE FINS, large, adjustable, \$20; pasta maker, never used, \$20; facial steamer, never used, \$15. Call 54509 and leave a message.

KODAK DIGITAL camera with 32MB memory card, \$300; Associated RC10T3 top-of-the-line remote-controlled truck with two batteries and quick-charger, \$425 or best offer; Cannon EOS Rebel with two lenses, flash, camera bag and tripod, \$350. Call Mike, 52929W or 53766H.

FLUTE with book and book stand, \$175. Call 51668.

Fish and Shellfish Warning

Fish and shellfish caught in the harbor area between Echo Pier and the Fuel Pier should not, at this time, be considered fit for human consumption. A recent study by the Army's Center for Health Promotion and Preventive Medicine has indicated that trace amounts of heavy metals (copper, zinc, lead and chromium) may be entering the food chain. The discovery of possible contamination in the seabed resulted from a study of the bioaccumulation of heavy metals in clam tissue. While analytical results showed that levels of heavy metals in clams were higher at the harbor than at a reference site, it should be emphasized that the results of this study are not definitive and do not necessarily indicate an imminent or substantial danger to public health. Army scientists are in the process of conducting a preliminary site assessment of the area to determine the extent and nature of the contamination. Until the assessment can be completed, it is recommended that fish and shellfish caught in the harbor area not be consumed. Questions concerning this notice should be directed to the RSE Environmental Office at 51134 or 51135.

B
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Volleyball

Attention all spikers . . .



Community Activities is having a Beach Volleyball Tournament Monday, Aug. 7. Register your four-person team at Community Activities with a \$10 entrance fee by Friday.

LADIES' SINGLE-speed bike, never used, still in box, \$118. Call 54473.

TWO DAYS of diving in Palau with Fish and Fins. Trip includes two tanks each day with lunch and drinks on the boat. Best offer. Call 52083.

EPSON STYLUS II printer including two color cartridges, \$50 or best offer. Call 57142W or 54337H.

HIBISCUS and BOUGAINVILLEA plants, \$5 to \$10, see at Qtrs. 446-A Monday; Smith-Corona word processor with extra ribbons, \$35; entertainment center cabinet with six shelves and glass doors, \$65. Call 52342.

TWO TODDLER/CONVERTIBLE car seats, \$30 each. Call 52664.

MAPLE WALL DESK, great for limited space, \$75; JVC stereo VCR with remote, \$99; JVC component seven-CD player, \$75; all in excellent condition. Call 52602.

GAMEBOY games (two of which are "The Getaway" and "Arcade 2 Joust and Defender"), \$25 or best offer. Call James, 52454.

386 COMPUTER with VGA monitor and Dot Matrix printer, \$25. Call 51494 after 6 p.m.

COMMUNITY NOTICES

KWAJALEIN Amateur Radio Club will meet Friday, 7 p.m., at the Ham Shack next to the adult pool on Ocean Road.

EVERYONE IS invited to join Christian Women's Fellowship for dinner Wednesday, Aug. 9, 6:30 p.m., at Three Palms Snack Bar. Alice Buck, Bible translation project leader, will be available for questions. For more information, call Nancy, 50225, or June, 53481.

CATHOLIC CHAPEL will be having a special Mass Sunday, Aug. 6, 8:30 a.m., in the MP Room. A pancake breakfast for the Catholic Parish will follow. There will be no 9:15 a.m. Mass at the chapel. Questions? Call Nancy, 50225.

BEFORE OPERATING any vehicle, check all safety features including horn, emergency brake, lights and backup alarm. Remember to park scooters in neutral position with emergency brake on.

FAMILY ROCK and BOWL has just gotten better. Come check out the black lights and disco balls Saturday, Aug. 5, 7-10 p.m. When the lights go down, the light show begins. Register at the Bowling Center to guarantee a spot. Fee is \$5 for all the games you can bowl. Come with another family member and receive a \$1 discount on your entry fee. Questions? Call 53320.

GEORGE SEITZ Elementary School is seeking volunteers to be president and vice-president or two people to be co-presidents for the 2000-2001 PTO board. Call Nancy, 50225.

CHRISTIAN WOMEN'S Fellowship is sponsoring a get acquainted tea Monday, Aug. 21, 3 p.m., in the Religious Education Building. Come and find out what's happening on island for women.

CONSTRUCTION ON Qtrs. 460 and 462 will continue through Sept. 30. Residents are urged to use caution when approaching construction areas. Go around barricaded areas. Questions? Call 53309.

CHURCH of CHRIST meets Sundays, 9:30-10:30 a.m., in CRC Room 1. Bible study is Thursdays, 7-8 p.m., in CRC Room 6.

PREGNANT? For caring and confidential advice, call CareNet, 1-800-395-HELP.

See you at the movies!

Saturday

The Road to El Dorado (New Release, PG)
This animated film blends comedy and drama in a story about two con men who stow away with Cortez, the legendary Spanish conquistador who sets out to find El Dorado, the lost City of Gold. (Voices of Kevin Kline, Kenneth Branagh, Rosie Perez, Armand Assante, Edward James Olmos, Elton John) (89 minutes)
Richardson Theater, 7:30 p.m.

High Fidelity (New Release, R)
An obsessive record collector in his mid-30s is struggling to reconcile his adolescent enthusiasm for pop music with adult responsibilities and more mature outlook. But his biggest problem is his girlfriend, who starts dating his upstairs neighbor, a virile Casanova type. (John Cusack, Tim Robbins, Catherine Zeta-Jones, Bruce Springsteen) (113 minutes)
Yokwe Yuk Theater, 8 p.m.

The Next Best Thing (New Release, PG-13)
Best friends Abbie and Robert decide they both want to become parents, despite the fact that there is no romance between them and Robert is gay. When Robert falls in love with another man, he decides he wants custody of the child, setting in motion a bitter dispute. (Rupert Everett, Madonna) (108 minutes)
Tradewinds Theater, 8 p.m.

Sunday

Jailhouse Rock (Classic, 1957)
Elvis Presley stars as a young man jailed after he kills a woman's attacker. Learning to play the guitar from a fellow inmate, he becomes a star after he is released. (Dean Jones) (96 minutes)
Richardson Theater, 7:30 p.m.

The Next Best Thing (New Release, PG-13)
Richardson Theater, 9:30 p.m.

High Fidelity (New Release, R)
Tradewinds Theater, 7:30 p.m.

The Road to El Dorado (New Release, PG)
Tradewinds Theater, 9:30 p.m.

Monday

The Road to El Dorado (New Release, PG)
Richardson Theater, 7:30 p.m.

High Fidelity (New Release, R)
Yokwe Yuk Theater, 8 p.m.

Cohen pitches NMD to U.S. Senate

By Jim Garamone
American Forces Press Service

WASHINGTON — A limited national missile defense would prevent nuclear blackmail against the United States and could “enhance deterrence and improve stability,” Defense Secretary William S. Cohen said recently.

Cohen, testifying before the Senate Armed Services Committee, said the proliferation of long-range ballistic missiles and weapons of mass destruction are increasing challenges to U.S. national security.

“Our goal,” he said, “is to provide protection to the American people against irresponsible nations, to prevent them from putting the United States in a position of being blackmailed and precluding us from taking action to defend our own national security interests.”

He said the threat these weapons pose is “substantial,” and that even the Russians have admitted this. He said Iran, Iraq and Libya are working on building a long-range capability.

He also said that while the United States is encouraged by the results of the recent summit of North and South Korea, “one summit doesn’t

change a tiger into a domestic cat.” Cohen said the United States needs to see actions from North Korea and not just words. They have tested an intercontinental-range missile and could build more, he said.

Cohen is reviewing the program and will make a recommendation to President Clinton in August on whether to proceed with the limited National Missile Defense program. Intelligence officials see the ICBM threat from “states of concern” emerging by 2005. For a defense system to be in place by then, construction must begin this year.

Of the last three tests of the land-based system, only one was successful. Cohen said he is taking this into consideration as he prepares his recommendation to the president. He said the system now is “possible” rather than feasible. “You ... would want to have something that ... you can reliably count on to work,” he said.

The current estimated \$20.3 billion cost of the National Missile Defense system through fiscal 2007 would cover 100 interceptors and radars in Alaska, Britain and Greenland. Of that cost, \$5.7 billion was appropriated prior to fiscal 2001.

Cohen noted that having radars in Britain and Greenland make it imperative to have allied cooperation. He told the senators he is working with his counterparts and is discussing the threat and the NMD response.



William Cohen
Defense Secretary

WEATHER
Courtesy of Aeromet

Tonight: Cloudy with scattered showers, some heavy.
Winds: Northwest to southwest at 5 to 10 knots, with higher gusts near showers.
Tomorrow: Partly to mostly cloudy with widely scattered showers.
Winds: Northwest to southwest at 5 to 10 knots, with higher gusts near showers.
Temperature: Tonight's low 76°
Tomorrow's high 85°
July rain total: 9.94"
Annual rain total: 44.88"
Annual deviation: -4.60"
Call 54700 for continuously updated forecasts and sea conditions.
Forecasts available online: www.kmr-wx.com



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Tuesday August 1	0641/1911	0728/2017	0455, 6.3' 1722, 5.1'	1122, 0.2' 2315, 0.5'
Wednesday August 2	0641/1911	0828/2110 New moon	0535, 6.3' 1801, 5.1'	1200, 0.3' 2355, 0.6'
Thursday August 3	0641/1910	0925/2158	0613, 6.0' 1839, 5.0'	1236, 0.5'
Friday August 4	0641/1910	1019/2244	0651, 5.6' 1917, 4.8'	0035, 0.9' 1312, 0.8'